

## **Psychological Hardiness and Its Relationship to Achievement Motivation among Players of Some Sporting Activities**

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### **Introduction**

With the rapid development human experienced in all life aspects, which is accompanied with psychological, physical, and social stress, the need to think about methods easing these stresses have increased, especially in the sporting field. Studies have demonstrated by evidence, in the field of psychology, that there is a close association between the level of personality traits and the achievement of sporting excellence. Sport psychology tries to scientifically study the individual's conduct, experience, and personality traits associated with the sports activity on its various fields and levels. It also tries to describe, explain and predict these personality traits to benefit from the knowledge and information gained in the practical application.

Psychological hardiness represents one of the personality traits that help the athlete to well deal with the stress, maintain the physical

and psychological health, and not to experience psychophysiological disorders, resulting from stresses such as heart disease, circulatory system and others. The one with solid personality is characterized by optimism, emotional calm, effective and direct dealing with the stresses, usually succeeds in dealing with these stresses, and can transform stressful attitudes to less threatening situations. (8)

The impact of hardiness represents in the role of mediator between the individual's cognitive assessment of the stressed experiences and preparing and processing of coping strategies to reduce the amount of psychological stress experiences. Psychological hardiness also helps the individual to deal with stresses effectively, and that the individual who has the psychological hardiness uses the evaluation and coping strategies effectively. This indicates that the individual has

a high level of psychological confidence. Thus, this individual estimates the stressed situation as less threatening and then re-builds it into something more positive. (1)

The study of Lambert (2003) indicated that when rigid personality faces with negative variables, it encounter practices related to the health of the body, including the practice of relaxing, health nutrition, and doing sports exercises which would be a positive association between psychological hardiness and physical health. (13)

Sports achievement motivation is a type and form of achievement motivation. The concentration is on motivation associated with the sports activity, and the motivation to accomplish considers a source of significant change in the player's performance. The motivation may change a failed player to a successful one. The strong achievement motivation stimulates players to increase their skills and knowledge to become proficient in their favorite sports. They, therefore, learn faster and perform their work in less time than others perform. The achievement

motivation is necessary to retain the player's interest and increase his effort.

## **II. Study Problem**

Psychological studies in the sports field, in the past few years, began to merely exceed studying the relationship between the awareness of stressful events on the athlete during the competition and the forms of psychological suffering to pay attention and focus on the variables supported an individual's ability to effective cope, resistance factors, psychological variables, or the environment constantly associated with psychological integrity. Even in the face of stressful circumstances, which would support the individual's ability to cope with problems and overcome them are also included.

The research problem lies in that some athletes' conduct during the competition loses most of the personality traits, leading to increase psychological stress, loss of resistance and form negative attitudes towards their fellow players, which is one of the most important sources of the loss of psychological hardiness of athletes. Then the case of

non-resistance occurs. This leads to the loss of a portion of the athletes the desire to engage in playing, suddenly drop their performance, or their self-confidence becomes less. This of course will affect their personal performance and the level of achievement for the team in general, causing real problems facing athletes.

Through the researcher work in the sports field as a player, coach, and lecturer and reviewing the previous studies, he discovered in the limits of his knowledge that there is a lack of interest in studying the negative influences and stresses during training and competition situations, which may adversely affect the athlete's psychological, physical health and performance. This prompted the researcher to conduct the current study for the detection of spyhole hardiness and their relationship to achievement motivation among the players some sporting activities

### **III. Study Significance**

The study significance lies in identify the relationship between psychological hardiness and achievement motivation among the players of some sporting activities. The

psychological hardiness is of the important topics, which represent a large area of psychological science that is given great importance in the present day. Therefore, it can be referred to the study significance as follows:

#### **Theoretical Significance:**

The scientific significance of this study is as follows:

1. This topic is one of the most important issues that have not been adequately addressed, especially in terms of psychological hardiness and achievement motivation among the players of some sporting activities. This study can be addition to the field of sports psychology.

2. Addressing the relationship between psychological hardiness and achievement motivation among the players of some sporting activities with extensive study may indicate the impact of this relationship on the athletes, which the researcher believes that there is a need to highlight both of them through study.

#### **Applied Significance:**

The scientific significance of this study is as follows:

1. Identifying the level of psychological hardiness among

the players of some sporting activities,

2. Identifying the degree of achievement motivation among the players of some sporting activities, and

3. Identifying the relationship between the level of psychological hardiness and achievement motivation among the players of some sporting activities.

This study can contribute to develop programs for evolving psychological hardiness and achievement motivation among the players of some sporting activities in various sports. The results of this study could benefit those in charge and interested in the sports field to the role of psychological hardiness and its relationship to achievement motivation of athlete through training and competition.

#### **IV. Objectives**

**The study seeks to identify:**

1. Psychological hardiness level with its aspects (commitment, control, challenge, total score of the scale),

2. The degree of achievement motivation among the players of some sporting activities.

3. The relationship between the level of psychological hardiness and achievement motivation among the players of some sporting activities.

#### **V. Study Queries**

The current study has tried to answer the following questions:

1. What is the level of psychological hardiness among the players of some sporting activities?

2. What is the degree of achievement motivation among the players of some sporting activities?

3. What is the correlation relationship between the level of psychological hardiness dimensions and achievement motivation dimensions among the players of some sporting activities?

#### **VI. Study Procedures**

##### **Methodology:**

The researcher used the correlative descriptive method due to its suitability to the study nature and achieving its goals.

##### **Community and Sample:**

The researcher selected a stratified random sample of athletes in Port Fouad. Their total number was 80 players distributed as follows: 60

player of team sports (basketball, volleyball, handball, football), and 20 players for individual sports (athletics, table tennis, boxing). The average years of practice ranged from five to ten years and the average age was 25 years old for males.

### Exploratory Study:

The researcher selected the sample of 20 players from the same study population and from outside the study sample. The results of the exploratory study indicated that the two scales were appropriate for members of the sample, and for their age, scientific and cultural level. The clauses were clear

and appropriate, so that they did not face any problem or ambiguity in understanding one of the clauses.

Study Tools:

- Psychological hardiness scale, prepared by Mukhaimar (2014) (21), Annex (1), and
- Sports achievement motivation scale, Allawi (1998) (3), Annex (2)

### I. The Validity of Psychological Hardiness and Sports Achievement Motivation

a. The researcher calculated the internal consistency validity; the following table indicates that.

**Table (1)**  
**Correlation Coefficients of the Dimensions of Psychological Hardiness scale and Sports Achievement Motivation Scale (n = 20)**

The dimensions of psychological hardiness scale	Correlation coefficient	Sig.	Sports achievement motivation scale	Correlation coefficient	Sig.
Commitment	0.801	0.01	Success achievement motivation	0.873	0.01
Control	0.750	0.01	Failure avoidance motivation	0.865	0.01
Challenge	0.782	0.01			

The results of the previous table indicate that the coefficients of internal consistency validity between subs-core and the total score are statistically acceptable

coefficients, and refer to the extent of acceptable amount of validity the two scales have.

b. The comparison of extreme groups (discriminatory validity)

The researcher put rationing scores in descending order of each item of both scales as well as the total score after deleting dimension score of the total score of the scale. The scores were divided into 2 upper and lower parties, and the highest

(27%) and the least (27%) of the individuals' scores were taken on both scales. The means, standard deviations of the scores, (t) value, and the test of significance level were calculated as

**Table (2)**  
**illustrates the means, standard deviations and (t) value of psychological hardiness, sports achievement motivation scale, and their dimensions**

Psychological hardiness scale	First or Lower Quartile (27%)		Third or Upper Quartile (27%)		(t) value	Significance level
	M	SD	M	SD		
Scale total score	94.40	1.50	115.50	7.50	7.80	0.01
Commitment dimension	32.10	2.00	42.00	2.50	8.80	0.01
Control dimension	30.30	2.40	35.40	1.40	5.30	0.01
Challenge dimension	32.00	4.00	38.10	4.90	2.70	0.01
Sports achievement motivation scale	First or Lower Quartile (27%)		Third or Upper Quartile (27%)		(t) value	Significance level
	M	SD	M	SD		
Scale total score	96.50	2.50	117.40	6.50	6.90	0.01
Success achievement motivation dimension	33.40	2.50	44.30	2.00	7.80	0.01
Failure avoidance motivation dimension	31.40	1.50	36.60	1.30	6.40	0.01

Previous table indicates that the means and standard deviations of Third or Upper Quartile of scores in the two scales are higher than the arithmetic means and standard deviations of the First or Lower Quartile. (t) Value was significant at the level (0.01), which indicates that the

dimensions of the two scales have the ability to distinguish between both levels.

## **II. The Reliability of Psychological Hardiness and Sports Achievement Motivation:**

The reliability of the two scales account and their dimensions has been calculated by

Reliability coefficient "Cronbach's Alpha" and Split-Half Method. The following are the results:

a. Reliability coefficient "Cronbach's Alpha":

**Table (3)**  
**Reliability coefficient "Cronbach's Alpha" of psychological hardiness and sports achievement motivation scales**

Psychological hardiness scale	Reliability coefficients (Cronbach's Alpha)	Sports achievement motivation scale	Reliability coefficients (Cronbach's Alpha)
Scale total score	0.754	Scale total score	0.721
Commitment dimension	0.635	Success achievement motivation dimension	0.652
Control dimension	0.634	Failure avoidance motivation dimension	0.634
Challenge dimension	0.660		

The above table indicates that all values of reliability coefficients "Cronbach's Alpha" of both scales of psychological hardiness and sports achievement motivation with their dimensions are statistically acceptable. This demonstrates that the internal

consistency reliability of both scales and their items.

b. Split-Half Method: The reliability of psychological hardiness and sports achievement motivation scales have been calculated, and the results are presented as follows:

**Table (4)**  
**Split-Half reliability coefficients "single and double items" of psychological hardiness and sports achievement motivation**

Psychological hardiness scale	Partial correlation coefficient	Spearman/Brown equation	Sports achievement motivation scale	Partial correlation coefficient	Spearman/Brown equation
Scale total score	0.587	0.645	Scale total score	0.514	0.632
Commitment dimension	0.624	0.423	Success achievement motivation dimension	0.653	0.635
Control dimension	0.523	0.611	Failure avoidance motivation dimension	0.581	0.672
Challenge dimension	0.547	0.560			

The above table demonstrates that all values of reliability coefficients of both scales of psychological hardiness and sports achievement motivation with their dimensions are statistically acceptable. This result refers to the homogeneity the two halves of both scales.

Statistical Treatments:

Statistical Package Program, SPSS, has been used. The results obtained have been analyzed by using the following statistical methods:

- Arithmetic mean
- Standard deviation
- Pearson correlation coefficient
- t-test

Study Procedures:

The researcher conducted the following procedures through applying the study:

- Athletes have been selected from Port Fouad city in individual and team sports.
- The researcher identified study scales after reviewing the set of tools used in such a study, and accessing to specialized scientific references.
- Two assistants were trained on the two scales application and their items. The instructions are also

clarified to help them support the respondents of the study to answer clauses.

– The study scales were distributed of to the target group in the period from 01/06/2014 to 01/07/2014.

– Questionnaires have been compiled from respondents, coded to be entered into computer, and statistically processed, using a statistical program (PSS).

– The responses of sample have been dumped.

– Results have been extracted, analyzed and discussed.

– The study results have been viewed, discussed and interpreted.

**Displaying the results relating the initial questioning, which reads as follows:**

What is the level of psychological hardiness among the players of some sporting activities?

To answer the first question, the researcher used arithmetic means and the responses percentages of the study sample of the score of the total level of psychological hardiness scale and its dimensions. Table (5) illustrates that.



**Table (5)**  
**Ranking, arithmetic means, the percentage, and the responses level of some sporting activities players in the psychological hardiness scale and its dimensions (n = 80)**

Ranking	Dimensions	Response average	percentage%	Level
1	Challenge	2.58	84.33	High
2	Commitment	2.47	82.21	High
3	Control	2.38	80.34	High
Total level of psychological hardiness scale		2.56	81.34	High

\* Maximum degree of response is (3) scores.

Table (5) indicates that the overall level of psychological hardiness among athletes came in a high level. The percentage of overall response of psychological hardiness scale reached to (81.34%). Challenge dimension achieved higher percentage (84.33%), followed by commitment dimension (82.21%), and finally control dimension (80.34%).

**Displaying the results relating to the second**

**questioning, which reads as follows:**

What is the degree of achievement motivation among the players of some sporting activities?

To answer the second question, the researcher used arithmetic means and the responses percentages of the study sample of the score of overall level of achievement motivation scale among the players of some sporting activities. Table (6) illustrates that.

**Table (6)**  
**Ranking, arithmetic means, the percentage, and the responses level of some sporting activities players in achievement motivation scale and its dimensions (n = 80)**

Ranking	Dimensions	Response average	percentage%	Level
1	Success achievement motivation dimension	4.57	85.51	High
2	Failure avoidance motivation dimension	4.07	83.34	High
Overall level of achievement motivation scale		4.61	82.34	High

\* Maximum degree of response of the scale is (5) scores.

Table (6) indicates that the overall level of sporting achievement motivation scale among the players of some sporting activities achieved a high level. The total responses percentage of the scale reached (82.34%), and then the dimension of success achievement motivation achieved higher percentage (85.51%), followed by failure avoidance motivation dimension by (83.34%).

**Displaying the results of the third question, which reads as follows:**

What is the relationship between psychological hardiness and achievement motivation among the players of some sporting activities?

To answer the third question, the researcher used Pearson correlation coefficient to find a relationship between psychological hardiness and achievement motivation among the players of some sporting activities, and table (7) illustrates that.

**Table (7)**

**Mutual correlation coefficients between the dimensions of psychological hardiness scale and the dimensions of achievement motivation among the players of some sporting activities**

	M	Overall level of psychological hardiness scale	Challenge dimension	Commitment dimension	Control dimension	Overall level of achievement motivation scale	Success achievement motivation dimension	Failure avoidance motivation dimension
Overall level of psychological hardiness scale	2.56		0.67*	0.63*	0.61*	0.53*	0.65*	-0.13*
Challenge dimension	2.58			0.56*	0.58*	0.52*	0.51*	-0.18*
Commitment dimension	2.47				0.52*	0.62*	0.57*	-0.21*
Control dimension	2.38					0.57*	0.60*	-0.23*
Overall level of achievement motivation scale	4.61						0.62*	-0.17*
Success achievement motivation dimension	4.57							-0.16*
Failure avoidance motivation dimension	4.07							

\* (R) function is at the level ( $\alpha \geq 0.05$ ).

From the above table it is clear that all mutual correlation coefficients between psychological hardiness dimensions and achievement motivation dimensions are significant at the significance level of ( $\alpha \geq 0.05$ ). There is a positive proportional relationship between psychological hardiness and achievement motivation in dimension of (Success achievement motivation) and there is a negative inverse relationship between psychological hardiness and achievement motivation in the dimension (failure avoidance motivation).

## **Results Discussion**

### **1. Displaying the results relating to the first questioning which states:**

What is the level of psychological hardiness among the players of some sporting activities?

The results of table (5) indicate that the overall level of psychological hardiness among athletes achieved a high level. The percentage of the overall response of psychological hardiness scale reached to (81.34%). The researcher attributes the high level of psychological

hardiness among some players of some sports activities, under discussion, that psychological hardiness feature with a full range of personal qualities of a psychological nature is important to the athlete to deal with difficult situations or erotic psychological hardship during the competition, training, and turn them into opportunities to successfully coexist with them and overcome them .

Madi (2006) emphasized that psychological hardiness is a set of behaviors that give daring and motivation to do the hard work and convert stressful events into opportunities. (14)

The researcher suggests that these results are consistent with those concluded by David (2000) and Crowle (2003) indicating that those owning solid personality have different visions for themselves and those around them. They also have the ability to influence and transform stressful situations into useful situations, have a commitment in the various activities that they do, and they have a high feeling of satisfaction about life(7), (6)

This is consistent with the results of the study conducted by Ross et al.

(2012), Bisharat (2010), Mashaan (2010), Soliman & Abdul Wahab (2005) indicating that psychological hardiness has important implications among athletes, as it works to reduce the incidence of injury and restore healing faster. The increase of psychological hardiness among athletes has a positive impact on psychological health, and increase sports achievement through athletes' feeling of commitment, control and challenge. Developing psychological hardiness among athletes is of effective factors in reducing depression, anxiety, and physical complaints level; they also give the individual the ability to confrontation and challenge. (24), (22), (17), (25)

Table (5) indicates that challenge dimension is the highest dimension with a percentage (84.33%). The researcher suggests that challenge dimension is very important in the sports activity due to the athlete's perception nature that changing and developing his performance is normal and necessary should be dealt with to achieve his objectives and develop his performance rather than a

threat to him, which help him to perseverance and proaction and face stress.

Table (5) illustrates that commitment dimension obtained the ratio (82.21%). The researcher suggests that commitment dimension is very important because it includes several aspects, such as a special obligation of the individual represented by himself, his trends, objectives, values, morals, principles and responsibility; in addition to a special commitment during the competition or training in his commitment to the importance of his role, value, requirements, needs and utility of his role. There is also a specific commitment toward the others represented in establishing social relationships with others, to knowing their rights and duties, whether competitor, coach, referee, or other people in the community around him. Eventually, table (5) indicates that control dimension gets (80.34%). The researcher suggests that an athlete always believes that he could have control the events he confronts during or after the competition, and that he could take personal responsibility for what is

happening to him. This includes the ability to make decisions and choose between alternatives, interpretation and evaluate stressful events during the competition, and effective ability and exert effort with great motivation for achievement and challenge.

## **2. Discussing the results relating to the second questioning, which states:**

What is the degree of achievement motivation among the players of some sporting activities?

The results of table (6) indicate that the overall level of sporting achievement motivation scale among the players of some sporting activities achieved a high level. The percentage of total responses of the scale reached (82.34%). The motivation aspect is influential and effective the player's conduct and stimulates him toward achieving the goals and best levels. Rateb (2001) confirmed that motivation plays a major role in the sport in terms of guiding function of behavior that leads to increase persistence in training and upgrade the skill performance, or in terms of activating function represented in the best

case in the stimulation during the competition. (23)

Allawi (2001) emphasized that the player who achieves the highest sports levels is based on the so-called sports achievement motivation, which means the athlete's readiness to face the sporting competition and tries to achieve excellence, by showing a great deal of activity, effectiveness and perseverance as an expression of the desire to fight and struggle for supremacy in the situations of various sports competition. (4)

This is consistent with the results concluded by Fathallah (2014), Khan (2011), Fan & Zhang (2009), Gaber (2006), Mahrous (2006) indicating that sports achievement motivation is important for athletes, and it is a source of significant change in the performance of the player. It stimulates athletes to increase their skills and knowledge so that they can be proficient in their favorite sport. (10), (12), (9), (19), (15) The results of table (6) indicate that the dimension of success achievement motivation achieves a higher percentage (85.51%). Allawi (1998) confirmed that it is the

motivation which represents the intrinsic motivation of the individual to rush toward certain activities and stimulate him to try to achieve superiority, and therefore a sense of satisfaction and happiness. (3)

The researcher attributed the study results that athletes always seek excellence in their sport. They also consider it of fundamental goals and receive the attention, encouragement, praise and appreciation in competitions.

The results of table (6) indicate that the dimension of failure avoidance motivation gets the percentage (83.34%). The researcher attributed the athletes' excellence in that dimension that it is linked to the fear of failure, which affects the player's emotions in a psychological composition linked to the fear of failure. It is in the interest of knowledge of the consequences or the results of failure in performance and emotional awareness of unpleasant emotions, thus contributing to the attempt or avoiding achievement situations.

**3. Discussing the results relating to the third questioning, which states:**

What is the correlation relationship between the level of psychological hardiness dimensions and achievement motivation dimensions among the players of some sporting activities?

Table (7) indicates that there is a positive relationship between psychological hardiness dimensions and as follows: the value of Pearson correlation coefficient of challenge dimension reaches (0.67), commitment dimension (0.63), control dimension (0.61), overall achievement motivation (0.53), and success achievement motivation dimension (0.65) respectively among the players of some sports activities under discussion, are statistically significant at the significance level ( $\alpha \geq 0.05$ ).

– There is a negative inverse relationship between psychological hardiness and achievement motivation in the dimension of (failure avoidance motivation) among the players of some sporting activities under discussion. the value of Pearson correlation coefficient reaches (-0.13), which is statistically significant at the significance level ( $\alpha \geq 0.05$ ).

– There is a positive proportional relationship between challenge and commitment dimensions. The value of Pearson correlation coefficient reaches (0.56), control dimension (0.52), and success achievement motivation dimension (0.51), which is statistically significant at the significance level ( $\alpha \geq 0.05$ ).

– There is a negative inverse relationship between challenge dimension and failure avoidance motivation dimension among the players of some sporting activities under discussion. The value of Pearson correlation coefficient reaches (- 0.18), which is statistically significant at the significance level ( $\alpha \geq 0.05$ ).

– There is a positive proportional relationship between commitment and control dimensions. The value of Pearson correlation coefficient reaches (0.52) and success achievement motivation dimension (0.57), which is statistically significant at the significance level ( $\alpha \geq 0.05$ ).

– There is a negative inverse relationship between commitment dimension and failure avoidance motivation

dimension among the players of some sporting activities under discussion. The value of Pearson correlation coefficient reaches (-0.21), which is statistically significant at the significance level ( $\alpha \geq 0.05$ ).

– There is a positive proportional relationship between control dimension and success achievement motivation dimension. The value of Pearson correlation coefficient reaches (0.60), which is statistically significant at the significance level ( $\alpha \geq 0.05$ ).

– There is a negative inverse relationship between success achievement motivation and failure avoidance motivation among the players of some sporting activities under discussion. The value of Pearson correlation coefficient reaches (-0.16), which is statistically significant at the significance level ( $\alpha \geq 0.05$ ).

The researcher attributes the results of a correlation relationship between psychological hardiness dimensions, achievement motivation, and success achievement dimension among the players of some sporting activities under discussion that

athletes who enjoy the psychological hardiness with its three dimensions are trying to have the influence on the course of some events they experienced. These three components are associated with individual's ability to challenge the stresses of competition and events, and to transform the stressed events to motivated to succeed. The lack of these three dimensions is also described as psychological burnout. One component of the three hardiness components is not sufficient to provide us with the courage and motivation to turn stresses and anxiety to more positive things. psychological hardiness is a compound consisting of three measurable independent dimensions.

The researcher attributes the results of a negative inverse relationship existed between psychological hardiness dimensions, success achievement motivation, and failure avoidance motivation among the players of some sports activities under discussion to the athletes' excellence in the dimension of failure avoidance motivation, and their imperfection in failure avoidance motivation.

The dimension of success achievement motivation represents an important motivation for excellence during the performance to reach higher levels and achieve excellence, and thus have a sense of satisfaction, happiness and enjoyment. While failure avoidance motivation is linked to the fear of failure, which may negatively affect the player's emotions, so contributing to his moving away from achievement situations during sports competitions. This is consistent with the study of Fan & Zhang (2009). Allawi (1998) also indicated that the player who features with motivation toward achievement, has the ability to control and self-confidence. (9), (3)

### **Conclusions**

- The level of psychological hardiness dimensions among the players of some sporting activities under discussion has a high degree,
- The degree of achievement motivation with its two dimensions among the players of some sporting activities under discussion has a high degree, and



– There is a positive correlative relationship between psychological hardiness dimensions and achievement motivation in the dimension of success achievement motivation, and a negative relationship with failure avoidance motivation. There is also a negative correlative relationship between success achievement motivation and failure avoidance motivation among the players of some sporting activities under discussion.

### **Recommendations**

– Training programs for psychological hardiness should be designed to contribute to raise sports achievement motivation, especially in failure avoidance motivation of various sports activities,

– Psychological awareness of the importance of psychological hardiness should be deployed to raise sports achievement motivation among players,

– Psychological specialists should be prepared for the development of positive personality traits of athletes, and

– Further studies similar in the psychological aspects of the athletes and their

relationship to the achievement level should be conducted.

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